



MAY 9, 2009

HEALTH ADVISORY

First Probable Case of H1N1 Identified in North Dakota

The first probable case of H1N1 was identified in North Dakota on Friday, May 8, 2009. The probable case is a Burleigh County resident. The sample tested positive for influenza A at the North Dakota Department of Health's Division of Laboratory Services, but was not able to be typed as either a seasonal H1N1 or seasonal H3N2 type influenza. The sample will be sent to the U.S. Centers for Disease Control and Prevention (CDC) to be further tested for the new H1N1 virus.

Providers should continue to consider H1N1 in the differential diagnosis for patients presenting with a fever higher than 100° F with a cough and/sore throat and have onset of symptoms within seven days of being in a community where there are confirmed cases or being in close contact with a confirmed case or residing in a community with a confirmed case.

The CDC recommends treatment with either oseltamivir or zanamivir for suspect, probable or confirmed cases that are hospitalized or are at increased risk for complications. The CDC recommends prophylaxis for health-care providers that had unprotected contact with suspect, probable or confirmed cases.

People can reduce their risk of contracting the virus and protect others from respiratory illnesses by doing the following:

- Stay home when you are ill.
- Cover coughs and sneezes with a tissue. Throw the tissue away immediately.
- Wash hands frequently or use a hand sanitizer frequently.
- Do not touch your eyes, nose or mouth.
- Take care of yourself by eating right, getting enough sleep and exercising.
- Avoid ill people.

For more information, contact the North Dakota Department of Health at 800.472.2180 or 701.328.2378, or you can visit the Department of Health's H1N1 website at www.ndflu.com/swineflu.

Categories of Health Alert messages:

- Health Alert conveys the highest level of importance; warrants immediate action or attention.
- Health Advisory provides important information for a specific incident or situation; may not require immediate action.
- Health Update provides updated information regarding an incident or situation; no immediate action necessary.

- *Health Information provides general information that is not necessarily considered to be of an emergent nature.*

This message is being sent to local public health units, clinics, hospitals, physicians, tribal health, North Dakota Nurses Association, North Dakota Long Term Care Association, North Dakota Healthcare Association, North Dakota Medical Association, and hospital public information officers.